



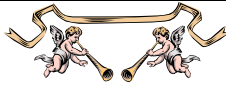
Va Beach Safety Storefront

*****NAS Oceana*****

Winter Safety Guide



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❄️ Winter Driving ❄️

What would winter be like without beautiful white snow? Well, driving would probably be a lot safer. Many people don't realize the increased risks of driving in inclement weather. Just taking a simple trip to the grocery store can be dangerous in some cases. The leading cause of death during winter months is due to transportation accidents. During inclement weather it is best to stay home; however, this is not always feasible. Taking a few simple precautionary steps can help make a difference in your winter travels.

VEHICLE PREPARATION

Wintertime is the harshest season for vehicles. Prepare your vehicle for winter by scheduling a complete maintenance check in the fall.

Battery: Cold weather starts require a battery that is fully charged. Recharge or replace weak batteries. Have your charging system checked, too.

Ignition system: Damaged ignition wires or a cracked distributor cap may cause a sudden breakdown.

Lights: Regularly check that *all* lights are functioning properly and that headlights are properly aimed.

Brakes: Brakes should be checked and, if needed, serviced to ensure even braking.

Tires: The traction between the tires and the road surface determines how well your vehicle starts, turns and stops. Make certain your snow tires or all-season radials are properly inflated and in good condition. Ensure all four tires have the same tread pattern for even traction.

Exhaust system: Have the exhaust system fully checked for leaks that could send carbon monoxide into your vehicle.

Heating and cooling system: Check your radiator and hoses for cracks and leaks. Make sure the radiator cap, water pump and thermostat work properly. Test the strength of the anti-freeze, and test the functioning of the heater and defroster.

Windshield: Make sure wipers are in good condition and fill up on winter washer fluid.



Driving in Bad Weather

When driving in bad weather plan ahead. It may save you a lot of hassle. The following are some things to think about during your planning process.

- * Make sure you have enough fuel
- * Clear your vehicle of ice and snow. Make sure your windows are clear of ice and fog. Turn on your lights when driving. If visibility becomes poor while driving pull off until it clears up.
- * Measure your speed conditions
- * Stick to main roads so if you have car trouble you can seek help easier, back roads are not always maintained.

- * Wear your seat belt at ALL TIMES
- * Let someone know where you plan to travel and the route you are taking so you can be searched if you don't show up at a reasonable time
- * Listen on your radio for current and future weather conditions

Winter car survival kit

- | | |
|----------------------------------|--|
| ✓ Shovel | ✓ Road maps |
| ✓ Sand, salt or kitty litter | ✓ Matches and a 'survival' candle in a deep can (to warm hands, heat a drink or use as an emergency light) |
| ✓ Traction mats | ✓ Fire extinguisher |
| ✓ Tow chain | ✓ Methyl hydrate (for fuel line and windshield de-icing) |
| ✓ Compass | ✓ The following items should be kept in the cab of your car: |
| ✓ Cloth or roll of paper towels | ✓ Flashlight with extra batteries |
| ✓ Warning light or road flares | ✓ First-aid kit |
| ✓ Extra clothing and footwear | ✓ Blanket (special 'survival' blankets are best)/sleeping bags |
| ✓ Emergency food pack | ✓ Non-perishable, high-energy foods |
| ✓ Axe or hatchet | |
| ✓ Booster cables | |
| ✓ Knife | |
| ✓ Booster cables | |
| ✓ Water containers | |
| ✓ Ice scraper and brush | |
| ✓ Water-proof matches or lighter | |



Might just be better to get an 18-wheeler to store all this stuff!

TRAPPED IN VEHICLE DURING SEVERE WEATHER

- ⊕ If you have a cellular phone, call for help.
- ⊕ Stay in your vehicle. Disorientation occurs quickly in wind-driven snow and cold.
- ⊕ Run the engine about ten minutes each hour for heat.
- ⊕ Watch out for Carbon Monoxide poisoning. Keep exhaust pipe clear of snow and open a window slightly for ventilation.
- ⊕ Make yourself visible to rescuers. Turn on the dome light at night when running engine. Tie a brightly colored cloth to your antenna or door. Raise the hood indicating trouble after snow stops falling.
- ⊕ Do mild exercises to sustain circulation. Avoid staying in one place too long.
- ⊕ If more than one person is in the car, take turns sleeping



Black Ice!

When it's forecasted for temperatures near freezing, always expect **BLACK ICE**. Remember bridges and over passes freeze up before and remain frozen longer than other road surfaces. Also don't forget those shaded areas of road – they can and do hold treacherous ice patches. The following tips are especially relevant to county roads and need to be stressed:

- Be exceptionally wary during early morning and late evening when road icing is most likely to occur
- Icy sections are most likely to be found on and under bridges, on high sections of roads, at the tops of hills exposed to wind, in valleys and forest, and on roads near rivers, lakes and along foggy areas.
- When driving on a wet road, there is always a strong possibility that black ice may lie ahead
- Once on an icy section, do not accelerate, brake, downshift or make a sudden change in steering direction. Keep a safe distance from other vehicles.
- If you should get into trouble, try to steer to the edge of the road. Sand and salt from previous road "dustings" may have blown to the road edges by past traffic and will help you regain control.
- Slow down and drive with care. Driving too fast allows you less time to react and reduces your chances of recovering from a mistake.



Alcohol and Parties



Every year thousands of people are fatally injured or killed due to alcohol related vehicle accidents. During the holidays alcohol is one of the temptations that people face. If you or your guests are going to consume alcohol keep these few things in mind.

- Y Limit to one drink per hour.
- Y Make sure you or your guest avoid straight shot drinks.
- Y Keep plenty of snacks around to help absorb the alcohol and avoid drinking on an empty stomach.
- Y Stop serving or consuming drinks at least one hour before the party starts or departure.
- Y Choose designated drivers



Vehicle Skids



Winter collisions can occur when your vehicle skids. A skid occurs when you apply the brakes so hard that one or more wheels lock, or if you press hard on the accelerator and spin the drive wheels. Skids also occur when you are traveling too fast on a curve and encounter a slippery surface. Skids can best be avoided by anticipating lane changes, turns and curves; slowing down in advance; and by making smooth, precise movements of the steering wheel. Regardless of the type of skid you encounter, to regain control of your vehicle, DO NOT PANIC.

Rear Wheel Skids

1. Take your foot off the brake or accelerator.
2. De-clutch on a car with a manual transmission, or shift to neutral on a car with automatic transmission.
3. Look and steer in the direction you want the front of the car to go.
4. As the rear wheels stop skidding to the right or left, counter-steer until you are going in the desired direction.
5. In a rear-wheel drive vehicle, if you over-correct the first skid (Step 4), be prepared for a rear-wheel skid in the opposite direction. Practice and the use of timely, gentle movement of the steering wheel are necessary to avoid this type of skid.
6. Once the vehicle is straight, release the clutch or shift to drive, apply gentle accelerator pressure so that the engine speed matches the road speed, and accelerate smoothly to a safe speed

Front Wheel Skids

Front-wheel skids are caused by hard braking or acceleration if your vehicle has front-wheel drive. When the front wheels lose traction, you will not be able to steer the vehicle. Regardless of whether the vehicle has front-, rear- or four-wheel drive, the best way to regain control if the front wheels skid is:

Take your foot off the brake or accelerator.

1. De-clutch on a car with manual transmission, or shift to neutral on a car with automatic transmission.
2. If the front wheels have been turned prior to the loss of traction, don't move the steering wheel. Since the wheels are skidding sideways, a certain amount of braking force will be exerted. (Unwinding the steering wheel will result in regaining steering sooner; however, the vehicle will be travelling faster because there is little sideways braking force. This technique should only be attempted in situations where limited space and sharp curves exist -- however, in this case do not reduce pressure on the brakes, because the vehicle will shoot off in the direction the wheels are facing.)
3. Wait for the front wheels to grip the road again. As soon as traction returns, the vehicle will start to steer again.
4. When the front wheels have regained their grip, steer the wheels gently in the desired direction of travel.
5. Release the clutch or shift to drive and apply gentle accelerator pressure so that the engine speed matches the road speed, and accelerate smoothly to a safe speed.

There is no risk at all of the car skidding in the opposite direction

Four Wheel Skids

Sometimes all four wheels lose traction. This generally occurs when the vehicle is driven at a speed too fast for conditions. The most effective way to get your vehicle back under control when all four wheels skid is:

1. Ease foot off the accelerator or take your foot off the brake.
2. De-clutch on a car with manual transmission or shift to neutral on a car with an automatic transmission, if you can do so quickly.
3. Look and steer in the direction you want the front of the car to go.
4. Wait for the wheels to grip the road again. As soon as traction returns, the vehicle will travel in the desired direction.
5. Release the clutch or shift to drive and maintain a safe speed.

NOTE: Avoid using overdrive on slippery surfaces

Proper Braking

To survive on the road in winter, proper braking is essential. Stopping on slippery surfaces means motorists must increase sight lines, following and stopping distances. Beware of shaded spots, bridges, overpasses and intersections. These are areas where ice is likely to form first or be the most slippery.

Braking if you don't have anti-lock brakes:

If you don't have anti-lock brakes, the most efficient technique for braking under these conditions is to use threshold braking together with de-clutching (manual shift) or shifting to neutral (automatic transmission). The best way to threshold brake (to make a controlled stop) is the heel-and-toe method. Keep the heel of your foot on the floor and use your toes to apply firm, steady pressure on the brake pedal just short of lockup to the point at which the wheels stop turning.

Under the stress of trying to stop quickly, drivers almost inevitably overreact and lock the wheels. If this happens, use toe-and-heel action to release brake pressure one or two degrees, then immediately reapply it with slightly less pressure.

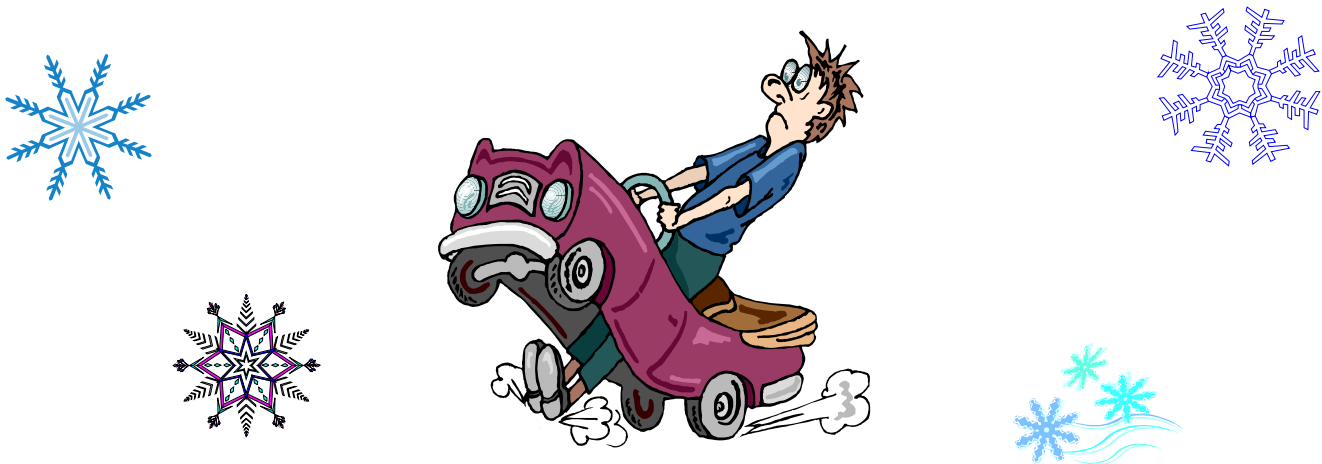
Braking with anti-lock brakes:

According to a survey conducted by the CAA/AAA Foundation for Traffic Safety, 50% of people are unaware of how anti-lock brakes and traditional brakes differ. If you have an anti-lock brake system (ABS), use the heel-and-toe method, but do not remove your foot from the brake. When you put on the brakes hard enough to make the wheels lock momentarily, you will typically feel the brake pedal pulse back against your foot. Don't let up!

(Novice ABS users can try hard braking in a vacant snow-covered parking lot.)

How ABS works:

A sensor located at each wheel detects when the wheel stops turning and starts to skid. As soon as the skid is detected, the anti-lock system relieves the pressure just enough to allow the wheel to turn again. This allows you to steer while you continue to bring the vehicle to a stop.





Holiday Fire Prevention

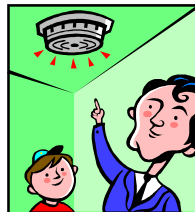


Even though the weather might be cold and wet, there still is a risk of fires. Many things go on during the holidays from cooking Christmas dinner to putting up decorations. Tasks like these may pose a risk of fire. The following are some simple precautionary tips you can use to prevent fires during the holidays.



Holiday Decorations and Tree

- ✂ Purchase a fresh tree. A fresh tree is green. Needles will be hard to pull from branches when bent between your fingers. Fresh needles don't break if bounced on the ground, and a minimum number of needles should fall off.
- ✂ Keep your tree fresh, cut off about two inches of the trunk to expose fresh wood for better absorption of water, keep stored outside the house till you're ready to decorate.
- ✂ When placing your tree, make sure it is kept away from sources of heat, like fireplaces or heat vents, and out of the way of traffic.
- ✂ Check out your lights before placing them on the tree. Look for worn or frayed wires and broken bulbs. Don't overload extension cords.
- ✂ Take care when using candles. Keep them away from flammable decorations. Place them where they cannot be knocked over or reached by children or animals. Don't leave lit candles in an unattended room.
- ✂ Make sure your smoke detectors are working properly.
- ✂ When purchasing decorations look for flame retardant material.
- ✂ Check extension cords for damage for cords may short.
- ✂ If using an artificial tree purchase flame retardant.
- ✂ Watch for pets playing with decorations, lights, and cords.



COOKING TIPS



One of the inevitable tasks during the holidays is cooking. There is nothing like preparing for that big feast. However, many of our traditions, such as leaving food out for hours to snack on, may pose a risk.

For Safe Holiday Food

- ❶ **Thawing a Frozen Turkey** - Don't thaw on the kitchen counter. Thaw in the microwave or refrigerator.
- ❷ **Snacking** - Snacking off the turkey is fine, but don't leave it out more than 2 hours.
- ❸ **Leftovers** - To speed cooling, debone the turkey and refrigerate it in small, shallow containers.
- ❹ **Cooking** - Don't cook turkeys overnight at low temperatures. Cook at 325°F. Cooking at low temperatures can actually help bacteria grow.
- ❺ **Desserts** - Cook custard to 160°F and refrigerate pies made with eggs.
- ❻ **Eggnog** - Don't use a raw egg recipe. Use commercially prepared, pasteurized eggnog or make your own with cooked custard base.

In the Kitchen Tips

- 👉 Turn handles inward so pots and pans won't be pulled or knocked off the stove.
- 👉 Wear short or tight fitting sleeves when cooking. Try not to reach over the stove. You can avoid this by not storing items you use directly over or behind the stovetop
- 👉 Keep young children away from appliances when cooking. Enforce a "kid-free zone" around the stove and teach youngsters not to play in that area. If you allow older children to cook, teach them safe cooking practices.
- 👉 Plug one appliance into an outlet at a time. Have appliances with frayed or cracked cords repaired before using. Never stand in or near water when using electrical appliances.
- 👉 Monitor hot oil carefully and heat it slowly, keeping the pan lid close at hand. Guard against splattering grease.
- 👉 If a fire is confined to a pan on top of the stove, slide the lid across the pan and leave it there. Do not attempt to move the pan outdoors because you may burn yourself or spread the fire.
- 👉 Never throw water or flour on a burning pan. Water will spread the flames and flour will actually explode!
- 👉 Do not turn on the exhaust fan on over the stove if a fire should start. This could suck the fire inside the walls of your home. If the fire is in your oven, turn off the heat and leave the door closed to cut off the fire's air supply
- 👉 Install a fire extinguisher in the kitchen. Make sure it is easily accessible in the event of a grease fire or oven fire. When purchasing a fire extinguisher for kitchen use, make sure the extinguisher is rated for Class ABC.



Winter Sports and Recreation

Winter sports are very popular and are a great during family vacations. Generally all sports have risks involved, but winter sports tend to generate more concern for accidents are prone due to the weather conditions and environment. Many mishaps are caused by lack of experience and complacency.

Tips to for every winter sport

- ❖ *Clothing:* Dress warm and avoid outer cotton clothing for it absorbs moisture.
- ❖ *Sunburn:* Sun will reflect off the snow and hit the face.
- ❖ *Frostbite:* See page 11
- ❖ *Fatigue:* Get a good night's sleep and eat regularly.

Skiing and Cross Country skiing

Skiing is a popular, physically challenging sport that requires extreme physical endurance. Many skiers can sustain sprains and muscle injuries due to fatigue so preparing yourself for the high physical endurance can decrease the chances of injury.

- ✈ *Protective gear:* Helmets, gloves, goggles, sunscreen, and protective clothing.
- ✈ *Fatigue:* high-energy snacks, take breaks when needed, and get at least 7 hours of sleep the night before.
- ✈ *Preseason exercise:* keep in shape throughout the year to avoid overexertion and stretch.
- ✈ *Beginners:* Take lessons and stay on the beginner's slopes.
- ✈ *Falling:* keep arms forward, skis together and hands over skis. Don't use hands to break your fall and wait until you stop sliding to get up. If you feel you are getting out of control fall to your rear or side.

Snowboarding

Snowboarding has become increasingly popular over a couple of decades. Most of the injuries result from lack of experience and jumping.

- ✈ *Beginners:* Take a lesson
- ✈ *Protective gear:* wrist guards and kneepads
- ✈ *Helmets:* Highly recommended
- ✈ *Trails:* Stay on groomed trails
- ✈ *Jumping:* Avoid jumping until you are more experienced

Ice Skating

It may seem customary to skate on frozen ponds; however, skating rinks are more ideal because of the risks of falling through thin ice.

- ✈ When falling try to relax and move with the fall, lean forward and bend elbows.
- ✈ Quickly get up after falling to avoid the risk of other skaters tripping on you.
- ✈ Keep hands close and fingers tucked inward when getting up
- ✈ Skate on the outer edge of the rink. Save the inner rink for experienced skaters
- ✈ Wear gloves, pants, and long sleeve jacket.

Sledding

- ✈ Use sleds that you can steer
- ✈ Children should not be unsupervised while sledding.
- ✈ Inspect hills for steepness
- ✈ Wear helmets and protective clothing



Frostbite

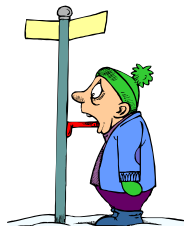
How to Prevent Frostbite

- * Proper clothing for winter weather insulates from the cold, lets perspiration evaporate and provides protection against wind, rain and snow. Wear several layers of light, loose clothing that will trap air but provide adequate ventilation. This is better protection than one bulky or heavy covering. Choice fabrics for the cold are wool, polyester substitutes and water-repellent materials (not waterproof, which holds in perspiration). Down coats and vests are warm; however, if down gets wet it is not an effectively warm fabric.
- * Coverings for the head and neck are important. Hats, hoods, scarves, earmuffs and facemasks all add up to good protection.
- * Protect your feet and toes. Wear two pairs of socks -- wool is best, or cotton socks with a pair of wool on top. Wear well-fitted boots, high enough to cover the ankles.
- * Hand coverings are vital. Mittens are warmer than gloves, but may limit what you can do with your fingers. Wear lightweight gloves under mittens so you'll still have protection if you need to take off your mittens to use your fingers.
- * Be sure your clothing and boots are not tight. A decrease in blood flow makes it harder to keep the body parts warm and increases the risk of frostbite.
- * When in frostbite-causing conditions, remember to dress appropriately, stay near adequate shelter, avoid alcohol and tobacco, and avoid remaining in the same position for long periods.



Symptoms of Frostbite

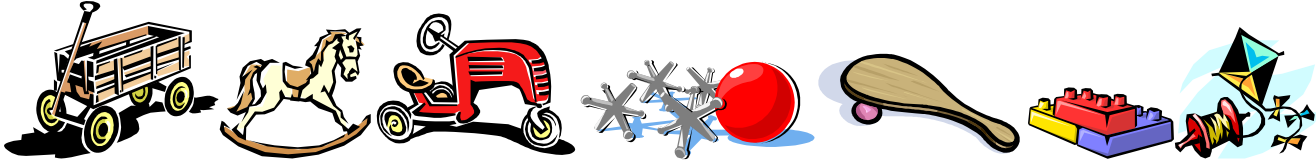
- * Mild frostbite (frostnip) affects the outer skin layers and appears as a blanching or whitening of the skin. Usually, these symptoms disappear as warming occurs, but the skin may appear red for several hours after.
- * In severe cases, the skin will appear waxy-looking with a white, grayish-yellow or grayish-blue color. The affected part(s) will have no feeling (numbness) and blisters may be present. The tissue will feel frozen or "wooden". This indicates a very serious condition.
- * Other symptoms are swelling, itching, burning and deep pain as the area is warmed



Toys Toys Toys



As the holiday season approaches more and more shoppers will be hitting the streets to find that special something for the youngsters. There are many different kinds of toys to choose from, but keep in mind that some toys can be hazardous to a child. Here are a couple of tips to keep in mind when shopping for the little ones.



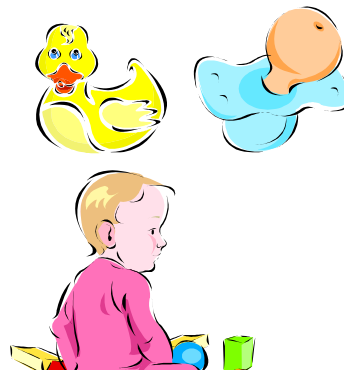
- Select toys to suit the age, abilities, skills, and interest level of the intended child. Toys too advanced may pose safety hazards to younger children.
- For infants, toddlers, and all children who still mouth objects, avoid toys with small parts, which could pose a fatal choking hazard.
- Look for sturdy construction, such as tightly secured eyes, noses, and other potential small parts.
- For all children under age 8, avoid toys that have sharp edges and points.
- Do not purchase electric toys with heating elements for children under age 8.
- Be a label reader. Look for labels that give age recommendations and use that information as a guide.
- Check instructions for clarity. They should be clear to you, and when appropriate, to the child.
- Immediately discard plastic wrappings on toys, which can cause suffocation, before they become deadly playthings.
- To avoid risk of serious eye or ear injury, avoid toys that shoot small objects into the air, or make loud or shrill noises. Parents can hold the noise-making toy next to their ear to determine whether it will be too loud for a child's ears.
- Never buy hobby kits, such as chemistry sets for any child younger than 12 years old. Provide proper supervision for children 12 to 15 years of age.
- Tips of arrows or darts should be blunt, made of soft rubber or flexible plastic and securely fastened to the shaft.
- A child's pediatrician can help parent's decide which toys are safe for newborns, toddlers and teens



Age Appropriate Toys

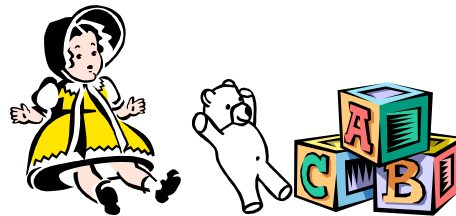
Toys for Baby: Newborn to 1 year. Choose eye-catching toys that appeal to your baby's sight, hearing, and touch.

- Large blocks of wood or plastic
- Rattles
- Soft, washable animals, dolls, or balls
- Bright, movable objects that are out of baby's reach
- Busy boards
- Floating bath toys
- Squeeze toys



Toys for Toddlers: 1-2 years. These toys should be sturdy and be able to withstand a toddler's curiosity.

- Cloth or plastic books with large pictures
- Sturdy dolls
- Kiddy cars
- Musical tops
- Stacking toys
- Toy telephones



Preschooler Toys: 2-5 years. These toys should imitate the activity of the parents or older children.

- Books (short stories or action stories)
- Crafts—crayons, markers, chalk and non-toxic finger paints
- Housekeeping toys
- Tape recorders
- Simple puzzles with large pieces
- Dress up clothes



Toys for Young Children: 5-9 years. These toys should enhance creativity and skill development

- Crafts
- Card games
- Bicycles
- Balls
- Sports equipment
- Table games
- Computer games



Preteens: 10-14 years. Hobbies and scientific activities are ideal for this age group.

- Computer games
- Sewing, knitting, needlework
- Microscopes, telescopes
- Table and board games
- Sports equipment
- Hobby collections





*The Safety Office would like
to wish everyone a*

SAFE

*And Happy Holiday
Season!!!*

